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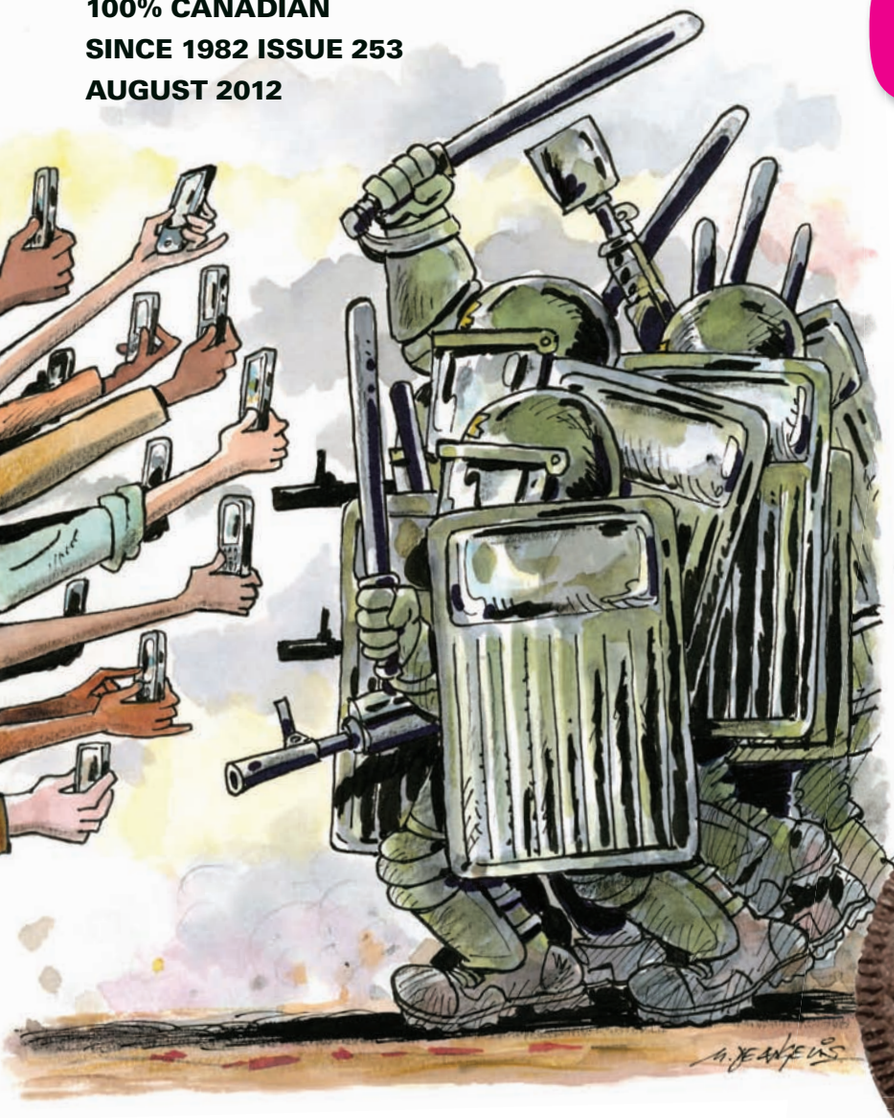

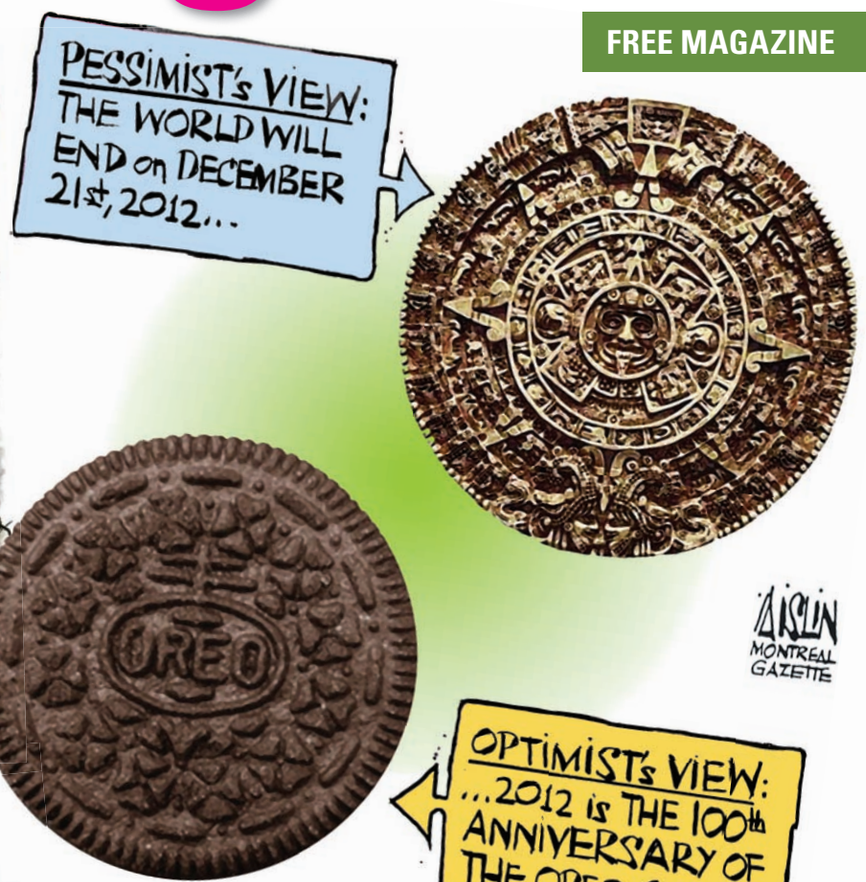

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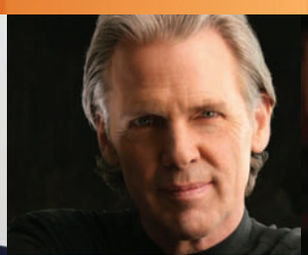

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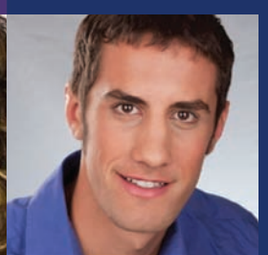

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features

5 **Drawing the line**
The best editorial cartoonists in Canada gather in Quebec
Geoff Olson

6 **What is Health Canada up to?**
Nick Mancuso

8 **Shingles vaccine stats misleading**
Alan Cassels

10 **Ecocide**
Polly Higgins

31 **A huge thanks to Walk for Peace supporters and volunteers**
Alastair Gregor

33 **Teens travel to India with Teen Journey**
Michele Hall

34 **Kirtan Vancouver**

Cartoons clockwise from top left: Marco De Angelis (Italy), runner-up in the cartoon competition of the Canadian Committee for World Press Freedom (CCWPF); Aislin, (Montreal Gazette); David Rosen (Montreal Mirror); and Malcolm Mayes (Artizans Syndicate). Geoff Olson's article on page five was inspired by his trip to Montreal where he participated in the Association of Canadian Editorial Cartoonists (ACEC) Conference with 50 North American artists.

columns

CULTURE

34 China's one-fingered artist
FILMS WORTH WATCHING
Robert Alstead

ENVIRONMENT

24 Lakes research next to be nixed
SCIENCE MATTERS
David Suzuki

FOOD

13 **GOOD EATS** La Dolce Vita
Alastair Gregor

HEALTH

12 Veggie kabobs
NUTRISPEAK
Vesanto Melina

ORGANICS

14 Managing garden pests
ON THE GARDEN PATH
Carolyn Herriot

SPIRITUALITY

20 Quiet your busy mind
UNIVERSE WITHIN
Gwen Randall-Young

22 The paradox of time
A NEW EARTH
Eckhart Tolle

7 NEW FOR YOUR HEALTH
18 STAR WISE
25 RESOURCE DIRECTORY
32 DATEBOOK
33 CLASSIFIED

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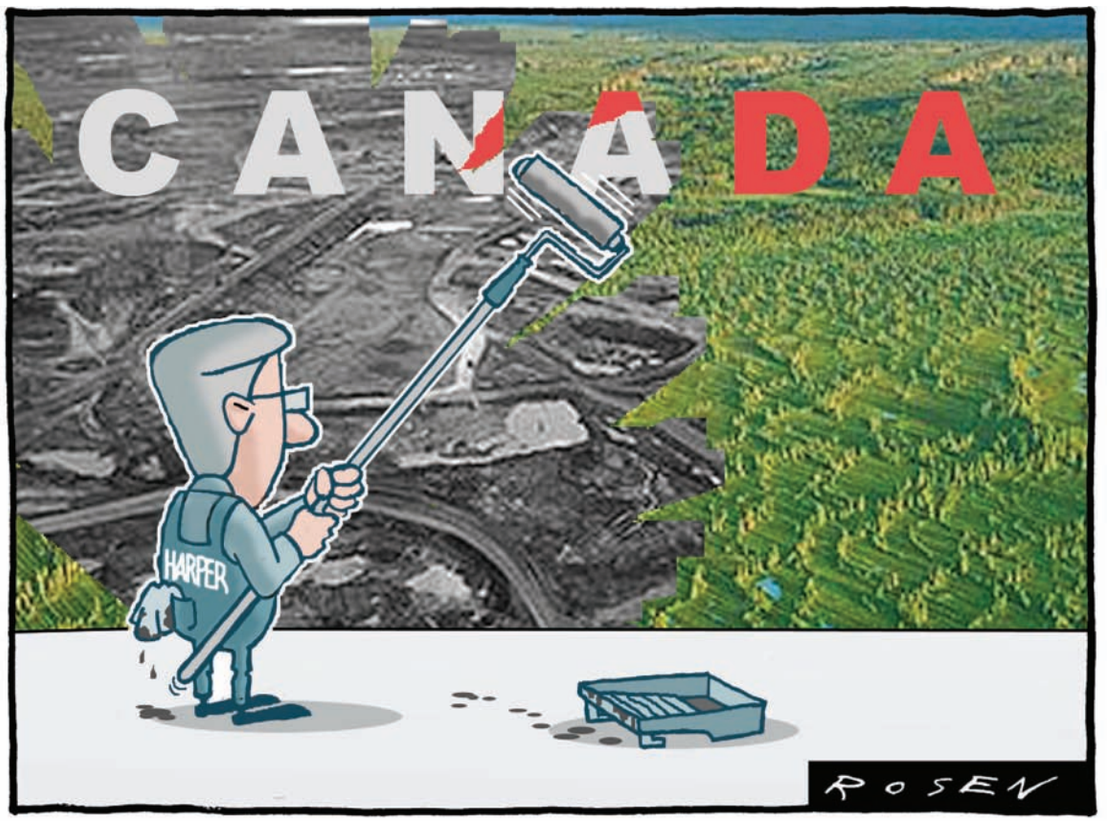
Drawing the line

The best editorial cartoonists in Canada gather in Quebec



Dave Rosen, Montreal Mirror

Dave Rosen knows a thing or two about humour. In 2011, the Montreal-based satirist released *The Stephen Harper Colouring & Activity Book*. For five years, he wrote and produced a weekly comedy spot for CBC Radio called *What Happened?* For nine years, he was the regular editorial cartoonist for the English alt-weekly the *Montreal Mirror*. His last cartoon for the publication was of Quebec premier Jean Charest on the beach, holding a seashell to his ear and hearing the clang of pots and pans.

The cartoon appeared on June 21 of this year. The next day, the parent company Quebecor pulled the plug on its publication. Rosen discovered through Facebook he was now without a steady cartooning gig, for the first time in 20 years.

"Seven full-time jobs vanished, dozens of freelancers suddenly no longer had rent money," he wrote on his blog. The corporate move was a bit of a puzzle to the satirist and his fellow expendables. Just a month earlier, Transcontinental discontinued its struggling Montreal alt-weekly the *Hour*, which was already down to a single editor and a single freelance columnist. "So for all intents and purposes, the *Mirror* had the Anglo alt weekly market to itself. And the paper, though it wasn't pulling in the advertising bucks it once did, looked healthy and viable. But not viable enough for Quebecor."

Rosen's parent company cited the growing popularity of digital media for its decision to close shop at the *Mirror*. "Of course, it that were true, you'd think they'd have developed the paper as an online platform and held onto the sweet demographic that made up its readership (primarily 20 and 30-somethings) for its advertisers."

These are the kind of stories that unnerve people who make a living poking fun at authority figures. If the axe can fall in such a commercially counterintuitive way on two print publications in Montreal – a city arguably the Canadian epicentre for arts, culture and street-level agitation – what hope is there for other "content creators" across Harperland? Will the bean-counting Dementors descend on them next?

Things look rather grim across the media landscape, but is the light at the end of tunnel a train or a glowing formation of digital tablets? Editorial cartooning may be a disposable art form with a short shelf life, but its continuing existence may be one gauge of a functioning free press.

Last June, over 50 cartoonists from both sides of the border gathered in Montreal for a conference of the ACEC (Association of Canadian Editorial Cartoonists). The four-day event was organized by the grey eminence of Canadian cartooning, Terry Mosher ("Aislin"), his wife Mary Hughson and freelance cartoonist Wes Tyrell. Museum curators, archivists, academics ad publishers gave presentations, as did political figures Gilles Duceppe, Justin Trudeau and Paul Martin. The event was marked by fine words, good food and excellent company.

> Canada has many fine cartoonists working at the top of their game and it would be as wrong to diminish their importance as to exaggerate their influence. The media landscape has never been more seismic and long-standing traditions in journalism are crumbling on both sides of the border as the ground heaves.

There was also talk about the changing fortunes in the newspaper industry. Although a number of the gathered 'content providers' are clinging by their fingernails to their regular gigs, they consider themselves a bit better off than their colleagues in the US, where there's been a decade-long war of attrition on newsroom staff.

With some notable exceptions, US editorial cartoonists churn out material with a homogenous, Pulitzer-seeking style. In contrast, Canadian editorial cartoonists, like our homegrown stand-up comics, are outsiders on the periphery of Empire, which may account for our idiosyncratic styles of drawing. The Francophone element also contributes to this distinction. Quebecers recognize that *beaux-arts* and belly laughs are not mutually exclusive. Hence the honours and awards heaped upon Quebec-based cartoonists like Aislin and Serge Chapleau, who are regarded by fans as living institutions.

I drew my first political cartoon in primary school in 1972, as part of an assignment in current events class. My subject was the Nixon administration's carpet-bombing of Cambodia and I portrayed Tricky Dick as a scowling bird of prey with a laurel of peace in his beak, sitting on a large, black egg with the tailfins of a bomb. I like to think my published work over the years has made a small difference, if only to give readers a break from the media's daily disaster-feed. Most cartoonists share this sentiment, yet we worry that graphic novelists and CGI animators are the tree shrews and that we're the dinosaurs, waiting for the fatal meteor strike from the accounting department.

continued pg.16...

What is Health Canada up to?

Canadian actor champions health freedom cause

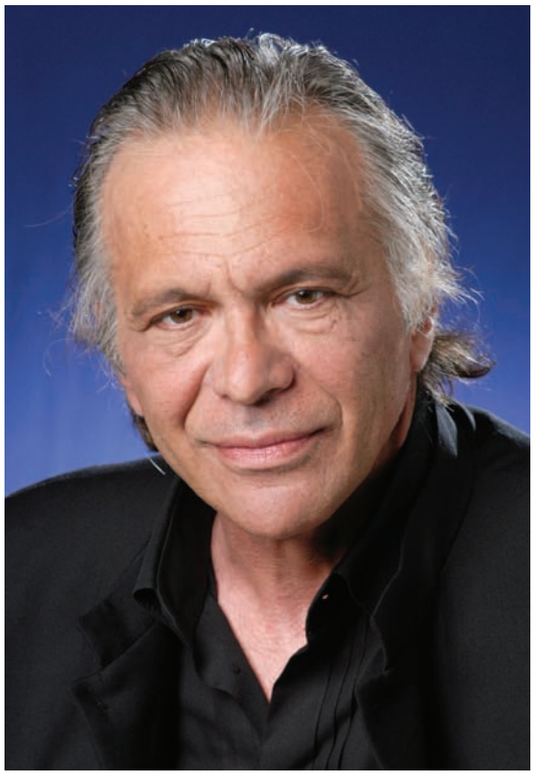
Since 2010, over 20,000 herbs, vitamins and food supplements have been removed from shelves in natural health stores across Canada. In some cases, SWAT teams raided the premises of Canadian naturopaths and healers and removed safe and effective healing products. Some practitioners have even been indicted and face criminal charges.

As a proud Canadian, I am outraged this is happening here, enforced by the very agency mandated to protect the health and well being of Canadians. How can we justify these fascistic actions and what are the root causes? Health food stores are closing down and businesses are being destroyed while, for the most part, the Canadian public doesn't have a clue. High-quality herbs and vitamins are being replaced by low-dosage, inferior products made by pharmaceutical companies and Health Canada is going along with it. In fact, it is leading this shameful charge, pushed though by international pharmaceutical interests and the Codex Alimentarius of the United Nations and all GATT signatory countries. And it is all happening right under our noses.

Who is responsible and how can essential human liberties, guaranteed by both the Bill of Rights and the Canadian Constitution be crushed and shoved aside? What happened to our right to heal ourselves and the democratic oversight of a sovereign nation to protect the life and well being of its citizens? How can the Harper government justify this to the people who elected it into office, supposedly for the common good? It can't. And it's pretty clear to this Canadian that vested interests and international drug agendas, pushed through by global trade, are at the root of it.

Recent statistics show pharmaceutical drugs are responsible for over 750,000 deaths a year from toxic side effects and are now the leading cause of accidental deaths, having superceded car accidents. They are also the fourth leading cause of deaths in hospitals, after cancer, heart disease and strokes. On the other hand, there is zero evidence that vitamin C or any herbal supplement produced with good manufacturing practices (GMP) has ever caused a fatality. And yet vitamins and supplements are being refused NPN numbers (a license to sell) and removed from stores.

In the US, TV ads for pharmaceutical drugs feature young, healthy, happy people prancing about in bathing suits, a marketing ruse to distract viewers from the addenda of the side effects of these drugs, which, by law, must be listed. While Wall Street and the banks reach record profits and Big Pharma fairly crows with success, people become weaker and sicker, poisoned by endless tons of toxic pesticides, herbicides, GMOs and radiation. And government departments like Health Canada, which, after all, are just doing their jobs, prosper and hide behind the secretive actions that make this nightmare possible. But aren't we all responsible for what is happening in Canada? And if we do let it happen, how can we then stop it?



Canadian actor Nick Mancuso speaks out against Health Canada's unnecessary war on vitamins, herbs and natural health products.

The day may soon arrive when fully 70 percent of all natural remedies will have been removed from stores, replaced with toxic, watered-down, ersatz versions, which might cause serious harm.

There is zero evidence that vitamin C or any herbal supplement produced with good manufacturing practices (GMP) has ever caused a fatality. And yet vitamins and supplements are being refused NPN numbers (a license to sell) and removed from stores.

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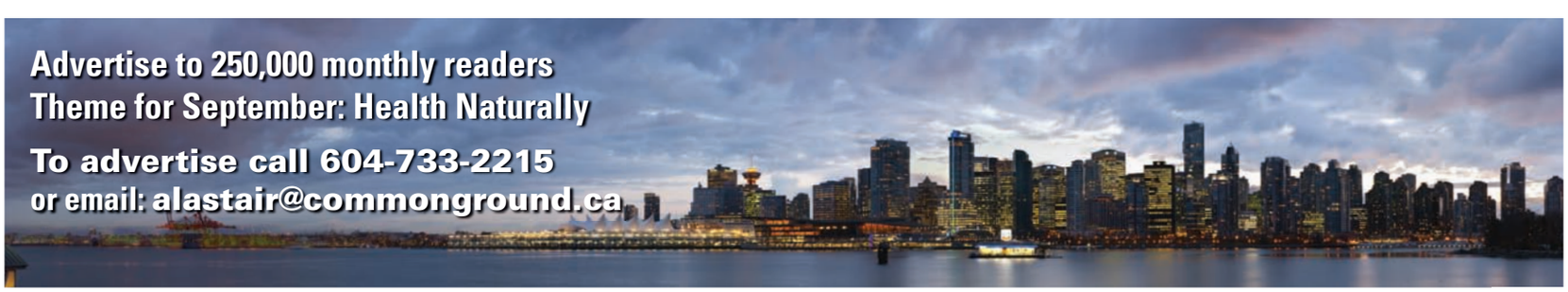
Tell your Facebook buddies and inform your friends. Take peaceful action and tell Health Canada and the Harper Government that Canada is still a free nation: I, _____, as a citizen of the sovereign and democratic nation of Canada strongly protest the actions of Health Canada against the natural health industry and demand that Health Canada rescind its actions and make the government of Canada make fair and equitable compensation.

Nick Mancuso's international career in show business spans 40 years. He has appeared in over 300 movies and is best known for his Genie-award winning performance in the Canadian movie **Ticket to Heaven**. He is also a painter and published poet and author. He recently produced and performed his one-man show **God is a Gangster** at the European Theatre Festival in Timisoara. His film **The Last Gamble** won Best Picture at the New York International Film Festival. Mancuso is a health activist and one of the founders of PowerHealthRadio, which he hosts. Watch Nick Mancuso's Youtube video entitled **Natural Health Freedom Canada Presents**. Go to www.youtube.com and search for Natural Health Freedom Canada.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Briefing Notes on Prescription Drugs

Shingles vaccine stats misleading

Watch out for the marketing spin

Judy M., who lives in Victoria, sent me an email asking what I knew about a vaccine to prevent a truly nasty condition called shingles. Being the third such request I'd received in as many weeks, I figured it was time to take a closer look at the shingles vaccine. Shingles, also known as herpes zoster, can cause a serious and very painful rash.

Judy's friend Jane was urging her to get vaccinated for shingles. Jane's husband Stan had a case of shingles that Stan described as "worse than anything he has ever known, including spinal surgery." Sometimes, open sores accompany the rash and the pain is so severe people have trouble walking and sleeping. In rare cases, the complications of shingles can last for months and sometimes years.

That fact surely caught Judy's attention. In fact, she admitted she had a profound fear of the disease having seen her aunt go through postherpetic neuralgia where the pain continues to last even after the rash and blisters have disappeared. In her opinion, any level of pain seems bearable if you know it will eventually end, but the thought of living with such pain for life made a compelling argument for getting vaccinated.

So what could I say about the vaccine called Zostavax being promoted to prevent shingles?

I always like to start my research by looking at the pointy end of things: the marketing. If there is one principle in play, it's that the marketing diverges from the science. And since the advertising is what patients and physicians will likely see first, that's a good place to start. The ads for Zostavax, made by drug giant Merck, lay out the hook in bold letters: "Have you had your shingles vaccine yet?"

In typical marketing style, that innocent question is driven home by the fear factor, reminding us that this is something we all need to be worried about. In smaller print, the ad says, "In Canada, it is estimated that nearly 1 in 3 people will develop shingles in their lifetime."

Ok, if true, this establishes that shingles doesn't seem to be such a rare condition. Most of us who have had chicken pox as children are susceptible and it usually strikes people over 60, though no one is really sure how or why this happens.

Many of us know someone, maybe our mother, friend or neighbour, who has a horror story to tell about the unbearable pain shingles can deliver. I didn't have to go far to hear some anecdotes. I asked my mother about it and learned that she had had shingles a few years ago that lasted several weeks, which included three visits to the hospital and incredible pain across her stomach. Treatment for shingles usually involves antivirals (drugs such as acyclovir), which, if given early enough, can help shorten the length and intensity of the rash.

The vaccine marketer captures the disease's potential for serious pain with graphic ads featuring a lot of flames and thorns with a clear and unspoken question: "Do you want your life to be a living hell?"

Now that we've established the nastiness of the disease, the first question has to address the science: "Does the Zostavax vaccine work?"

If a vaccine is about protecting you from a disease, you need to know your likelihood of getting the disease in the first place. One study from the *British Medical Journal* says that for people over 50, approximately two to three people out of a thousand per year get shingles; that increases to about eight per thousand for those 70 and over. The average doctor with 1,500 patients in his care would see about three to five cases per year.

A 2005 study in the *New England Journal of Medicine* enrolled over 38,000 people over 60 and reported that, over three years, the vaccine Zostavax "reduces the occurrence of herpes zoster by 51.3%."

Wow. So if you know 100 people who got vaccinated, the vaccine would prevent

half of them from getting shingles, right?

Wrong. Remember, if the average doctor sees five cases a year in his practice and he manages to reduce that load by 50%, he'd only see maybe 2.5 cases per year. But how many thousands would he have to vaccinate to prevent those other 2.5 cases? A lot.

This study of the vaccine, which was a gold standard, randomized, double-blind, placebo-controlled trial, measured the incidence, severity and duration of the pain caused by shingles. Let's focus on just one of those: incidence. Basically, how many people were prevented from getting shingles?

The study noted there were 315 shingles cases among those vaccinated and 642 among placebo recipients, concluding that it reduced the rate of shingles by 51.3 percent. Another way this is expressed is in "1,000-person years" where the effects are examined in 1,000 people for one year. The study found that the vaccine dropped the rates of shingles per 1,000 person-years from 11.12 (those on placebo) to 5.42 (those given the vaccine). What this means is the vaccine 'helps' about 5.7 people per thousand per year (11.12 minus 5.42= 5.7). Where did the "51.3 % reduction" come from? Well, when you drop the rate from 11.12 to 5.42, that's about half the rate, or a 51.3% reduction.

To summarize, here are two ways of presenting the same data: 1) "The vaccine helps five people per thousand vaccinated. Or 2) "The vaccine helps 50% of the people vaccinated."

Hmmm. You can imagine which one gets the most traction with the marketers.

> The vaccine marketer captures the disease's potential for serious pain with graphic ads featuring a lot of flames and thorns with a clear and unspoken question: "Do you want your life to be a living hell?"

So let's talk cost. If you have to vaccinate 1,000 people per year at $150 a shot, it would cost $150,000. That's a fair bit of money to save five people from getting shingles. In other words, the cost of avoiding shingles is about $30,000 per person per year.

Does that sound like a bargain? Depends on whom you ask. If you asked Judy's friend Jane, she'd probably say that not seeing her husband in such pain is "priceless." If you ask governments to pay for the vaccine, seems they think it's too high a price to pay and it isn't covered in BC. It's not that the vaccine doesn't work; it's that it hardly works.

And that's before you wander into the other side of the equation: the vaccine's potential for adverse effects. By August 2011, in the US, the federal Vaccine Adverse Event Reporting System (VAERS) had received 442 serious vaccine adverse reports following Zostavax vaccination, including 36 reported deaths. While these are 'associations' and not causations, it still makes one pause before hitting the "jab" button. The kinds of serious shingles vaccine reactions included things like joint and muscle pain, fever, abnormally swollen glands and so on.

Some might ask, "Is it possible the vaccine can actually *cause* shingles?" A good question to which there is no definitive answer, but rashes akin to chicken pox are mentioned on the vaccine's label as one of the potential adverse effects.

At the end of the day, facts can be twisted in any way to make a point, especially when the 'point' comes at the end of a syringe.

But back to Jane who was caring for her husband and his very nasty bout of shingles. Seeing Stan in such pain was enough for her. She begged Judy and her other friends to get vaccinated. She went and paid the $150 to get herself vaccinated.

And a few weeks later? You guessed it; she too came down with a new diagnosis. That's right, shingles.

Alan Cassels is a pharmaceutical policy researcher at the University of Victoria and the author of **Seeking Sickness: Medical Screening and the Misguided Hunt for Disease** (Greystone, 2012). You can follow his interests on Twitter at AKECassels or read more of what he's writing about at www.alancassels.com

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Polly Higgins

Ecocide was to be the 5th Crime Against Peace – UN documents

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Imagine my surprise when a journalist called me a year ago to ask for my comment on the news that a law of Ecocide had been considered an international crime over 15 years ago. All we had was one document that referred to three countries that had objected to it being included as Crime Against Peace.

Today, we have a paper trail that takes us back to 1972. The call to make Ecocide an international crime is nothing new; over 7,000 people took to the streets in Stockholm in 1972 to demand that ecocide be a crime. It was the time of the Vietnam War and world leaders had met in Stockholm to resolve environmental issues at an international level for the first time. At the same time, The People's Forum brought together some of the top experts of the day to discuss Ecocide.

Fast forward a decade; 1985 saw the flame of the Law of Ecocide burn brightly again. Most significant was the draft "*Code of Crimes Against the Peace and Security of Mankind*" (precursor to the Rome Statute), which included Ecocide. For a further 11 years, the UN partook in concerted debate, discussion and research. One researcher even drafted the *Ecocide Convention*. What happened next is set out in the research paper, *Ecocide is the Missing 5th Crime Against Peace.*

Recently, the Human Rights Consortium at the School of Advanced Studies, University of London, launched *The Ecocide Project,* which will continue to unravel the question as to why it was shelved. Dr Damien Short, who has taken up the post of Director of the Human Rights Consortium said, "The paper provides a foundation of understanding on which we must build; there is more vital work to be done." The report draws attention to the preamble of the draft Ecocide Convention, where

there is the explicit recognition that Ecocide is not always a crime of intent and that Ecocide is caused in both times of war and peace.

"Man has consciously and unconsciously inflicted irreparable damage to the environment in times of war and peace." These words have as much relevance today as they did when they were written in the draft Ecocide Convention in 1973.

"Man has consciously and unconsciously inflicted irreparable damage to the environment in times of war and peace." These words have as much relevance today as they did when they were written in the draft Ecocide Convention in 1973.

My dream is for a world of peace, a world where mass damage and destruction no longer exists. I believe we can live in peaceful enjoyment where both people and planet are put first.

Like the name of the research paper, *Ecocide is the Missing 5th Crime Against Peace,* just imagine that when we close the door to mass damage and destruction, a new door will open. When it does close, our world of conflict will end. What will open is the door to the world of peace.

Polly Higgins is a lawyer, barrister and the author of **Eradicating Ecocide** and **Earth is our Business**. Polly proposed to the United Nations that the law of Ecocide be the 5th Crime Against Peace. Visit http://www.sas.ac.uk/hrc/projects/ecocide-project for more information about **The Ecocide Project**. Download the research paper at www.eradicatingecocide.com

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Veggie kabobs

Summer days often include gatherings with friends and family by the *barbecue, but if you are not a big fan of hot dogs and burgers, grilled veggies add colour, variety and nutrition. Combine any of the following: carrots, squash, sweet potatoes, corn, peppers, okra, eggplant, onions, potatoes, mushrooms, beets, peppers and cherry tomatoes. To ensure that potatoes, carrots and beets cook thoroughly, steam them before grilling. This helps if they are cooked with faster-cooking vegetables such as mushrooms, bell peppers or cherry tomatoes. Vegetables can be foil-wrapped or placed in a grill basket. Marinate chunks in Tofu Marinade (below) or in a mix of olive oil, balsamic vinegar and tamari or soy sauce.

Corn, still on the cob and wrapped in the husk, can be cooked directly on the grill. Cook only enough to soften the kernels. Fresh corn is also delicious raw; have a nibble and you're likely to finish the cob with no cooking at all.

Tofu Marinade Makes almost 2 cups

Use this marinade for tofu, tempeh or vegetables. Leftover marinade keeps, refrigerated, for 2-3 weeks, and can be re-used or used as a sauce for stir-fries, cooked rice, steamed broccoli or salad. Recipes are from *Cooking Vegetarian* by J. Forest and V. Melina, Wiley Canada, 2011.

- 1/2 cup fresh or canned tomatoes
- 1/2 cup water
- 1/2 cup tamari or soy sauce
- 1/4 cup rice vinegar or apple cider vinegar
- 2 tablespoon toasted sesame oil
- 1 tablespoon peeled, minced ginger
- 1 clove garlic
- 1/2 teaspoon turmeric

Blend the tomatoes, water, tamari, vinegar, sesame oil, ginger, garlic and turmeric in a blender for 15 seconds or until smooth.

Vegetable Kabobs Makes 6 kabobs

Use six 10-inch metal or wooden (bamboo) skewers. To ensure that wooden skewers don't burn, pre-soak them in water for an hour before you thread them and keep chunks of food tight to avoid spaces where the flame or heat could reach through and burn the wood. After grilling, your kabobs can be placed over cooked rice or quinoa or served as an accompaniment to salads. Use the vegetables in this recipe or add your own ideas. These are high in protein, calcium, iron, zinc, vitamin C and many B vitamins.

- 12 ounces firm or extra firm tofu, cut into 1-inch cubes
- 1 cup Tofu Marinade
- 24 medium mushrooms
- 12 pieces sweet red pepper, each about 1 1/2 inches (4 cm)
- 12 cubes zucchini, each 1 1/2 inches (4 cm)
- 12 cherry tomatoes

Place tofu cubes in a container with a lid; pour on Tofu Marinade so cubes are covered on all sides. Refrigerate for at least 1 hour, preferably 6 hours or overnight. Drain excess marinade from tofu. Starting and ending with mushrooms, thread the vegetables snugly onto skewers. Grill over a barbecue for 10 minutes. Oven variation: put kabobs on a baking sheet; place 6-inches below the broiler and cook for 10 minutes.

* Grilling vegetables will not produce Heterocyclic Amines (HCAs) because these cancer causing agents are formed from creatinine, which is found only in muscle tissue. You could get some Polycyclic Aromatic Hydrocarbon (PAHs), though, if fat drips on the coals and fumes rise back, so keep your barbecuing to a minimum.

Vesanto Melina is a dietitian, personal consultant and author based in Langley, www.nutrispeak.com, 604-614-5372. **See Vesanto Sunday August 12** on **Salt Spring** at the Raw Living Food Festival, 10:15 am (www.rawontherawk.ca) and in **Vancouver**, 7:30 pm at Eternal Abundance, 604-707-0088, goraw@live.ca, www.EternalAbundance.ca

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Good Eats

La Dolce Vita

What would it be like if we didn't have any choice about what to eat? It would be mundane. I think of my old dog Brie; try as I might to give her the best organic dog kibble, no matter what, she would look at it and push it out of the bowl with her nose in obvious disapproval. She would lie there with those eyes asking, "What? You can't do better than kibble?"

Yet as soon as I started to cook, she would watch my every move, not missing a thing – "Doggie TV," as my friend Benjamin called it. Given the choice, Brie would always eat what I cooked and shared.

I think of all the wonderful times I have had around food and truly, to love life, you have to love food. My great-aunt Mave recently passed away peacefully at 94 years of age. She loved food and always introduced me, with a hearty laugh and smiling eyes, as her gourmet chef.

Mave had a great appetite and loved to eat delicious food: "Oh boy, oh boy, what are we going to have today?" she would ask. I would always find a variety of seasonal fresh fruit combinations for breakfast: mango, pomegranate and kiwi or blueberries, strawberries and apple, with a little organic plain yogurt, cinnamon and honey. This was part of her secret to a long life.

When I was a kid, she taught me how to eat pizza, how to properly hold it with a slight fold so you don't lose the toppings. And it was with Mave that we celebrated life and the bounty it offers at large family parties at charming restaurants, with gleaming silver and crisp white linens.

When I think about all my family gatherings, I realize the most fun was always centred on the creation, preparation and enjoyment of wonderful meals. Food is our common ground, a universal experience; it is what brings us together. Welcoming new neighbours with gift baskets of food, including summer jams and fruit pies along with fresh cut flowers has often laid the foundation for creating life-long friendships.

Food repairs relationships and can even create special adopted families. Think of the movie *Julie & Julia* where the character Julie practices techniques and tests each of the recipes from Julia Child's book *Mastering the Art of French Cooking* on her friends, culminating in a special family of friends who courageously celebrate culinary disasters and triumphs together!

So many times I've heard someone say they don't like a particular food. Take cauliflower; I toss it with organic olive oil, sea salt and allspice and roast it in the oven to caramelize it and the person loves it! Or I blanch the flowerets, drain them and pan fry them in butter tossed with finely chopped ripe banana until the banana is melted and the cauliflower is well coated and lightly caramelized. Near the end, I finish it off with chilli flakes and sea salt. Astonishment! They go crazy for it. These are accidental dishes I created out of necessity for people who hadn't yet experienced the adventure of food.

For me, there is nothing better than seeing everyone at the dinner table talking, laughing and sharing, followed by the quiet that descends when, for a few minutes, everyone is just in their zone savouring the delicious food. Then the mmm's and ahh's start along with questions about whether people have tried this or that. The sharing, the laughter, the interaction – cooking truly is like love.

Make this Latin phrase your new life motto: "*Dum vivimus, vivamus*!" – "While we live, let's live!"

My great-aunt Mave, at age 92, enjoying Shrimp Eggs Benedict at Havana's on Commercial Drive.

photos by Alastair Gregor

To advertise your restaurant, food product or service in our Good Eats section, please contact food writer Chef **Alastair Gregor** at alastair@commonground.ca. Alastair's life-long passion for food was inherited from his grandmother. He's an Honours graduate of the Culinary Institute of Vancouver Island at VIU and has been cooking since he was old enough to see over the top of the stove.

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Managing garden pests

Nobody said growing your own food was easy and the way this year started out proved to be no exception. It was another long, cool spring, which we may as well get used to here on the West Coast, as this was the fourth year in a row of long, cool springs. It started out with bean weevils on the favas, one of the earliest crops to emerge. Notched edges on the leaves indicated a severe infestation that required action. I dissolved neem oil in warm water and coated the leaves using a spray mister bottle. The weevils don't like the taste of the oil and leave the seedlings alone. This treatment was necessary every week for a few weeks until the beans outgrew the weevils.

I was also blessed with the first serious outbreak of flea beetles in my garden, apparently hosted by garlic mustard, a weed that came into my garden in a load of spoiled hay. It was too late to apply floating row cover over the threatened crops of turnip greens and arugula so I sprinkled diatomaceous earth liberally over the leaves and was relieved to see it deterred the flea beetles until the plants outgrew the damage they were doing.

photo © Julie Feinstein

I managed to save the gooseberries from an annual attack of sawfly larvae, indicated by defoliation as the worms chew on the leaves. Handpicking hundreds of sawfly larvae off the gooseberry plants every day for a week was very satisfying and did the trick. While all this was going on, tent caterpillars reached a peak in their cycle and it took three weeks to eliminate all the nests that kept appearing on the tips of the apple and cherry trees.

Raccoons ate all my ripe figs last year so this year I am checking my fig tree daily. I am relieved that I can sleep safe in the knowledge that the entire property is fenced to keep the deer out, but this year we have a family of white bobtailed rabbits (cute) who have decided they love the tender tips of emerging bean seedlings. Consequently, chicken wire has hastily been deployed as a barrier over the bush beans to save the day.

Worst of all of the problems this cool, wet year were *slugs*! We have splendid banana slugs that visit from the surrounding forest and sleek black slugs that slither up from the creek. This year, we also got large brown slugs and all three species were thriving on the rows of spinach, lettuce, chard and turnip greens in my garden. When you see their size and appreciate their voracious appetites, you know drastic action is called for. At dusk, I patrol the garden with a bucket and spoon in hand determined to save my veggies. Yuck.

This all probably sounds horrendous to you, but this is the reality of growing your own food. The main thing is not to despair, but to pay attention to what's going on and intercept a problem before it becomes a crop failure. Now I am busy picking cherries (before the birds get them) and freezing raspberries and strawberries from bumper harvests. In the end, all the fresh salads, leafy greens, beets and turnips we eat more than make up for the work of outwitting, outlasting and outplaying all the pests.

Carolyn Herriot is the author of **The Zero-Mile Diet: A Year-round Guide to Growing Organic Food**. She is currently writing **The Zero-Mile Diet Cookbook** (fall 2012 release, Harbour Publishing). http://earthfuture.com/gardenpath/

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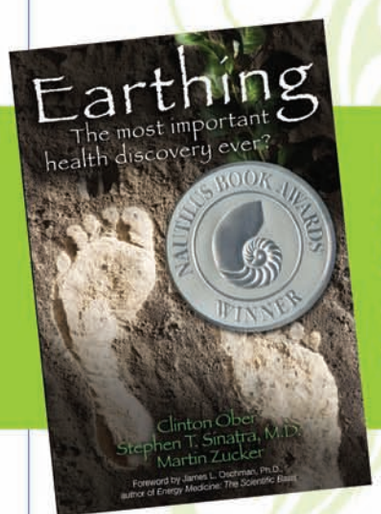

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...**Olson** *from p.5*

Dave Rosen, Montreal Mirror

Aislin, whose white hair and penetrating gaze gives him the demeanour of a large barn owl, dismisses the idea of an approaching Permian extinction event for scribblers. A staffer with Montreal's *Gazette* since the early seventies, he predicts that online publications will replace newsprint entirely in another three to five years. Yet he also believes that political cartooning will continue to survive online. He likens the transition to "moving from a rickety old house to a brand new condo – with a spectacular river view! The only problem (as with all new media) is this: How do we pay the mortgage?"

Monetization problems aside, the full-colour, political cartoon's immediate hit of infotainment seems like a perfect fit for smart phones and tablets. Last year, a small collection of BC activists threw together the massively popular website *shitharperdid.com* a pre-election compilation of Tory offences accompanied by a simple drawing of Harper fondling a kitten like a James Bond villain (based on an actual Tory promo photo).

Like Aislin, Vancouver's *Province* cartoonist Dan Murphy is a "long run optimist" on the future of political cartoons. He points to the case of Pulitzer Prize-winning cartoonist David Horsey, who was staff cartoonist at the *Seattle Post-Intelligencer* when its print version collapsed. Horsey then got a call from the *L.A. Times*, asking him to become their exclusive web cartoonist.

"*L.A. Times* had a hunch," Murphy observes. "Cartoons are pop in papers so they're likely to be pop on papers' websites. The Horsey web-only cartoon gets the most web hits on the site now. Ditto Aislin's at the *Gazette's* site. And, with the last couple of Photoshop versions, you can cobble together an animation – soundtrack, imported vid and movie steals, cartoons/text that moves – easily enough and convert that into a website bit."

Software tools like Flash can extend and amplify the artist's vision for a wider audience. Murphy's most well known creation appeared online rather than offline: a mashup of a current Enbridge television advertisement, with animated oil spills interrupting scenes of a petroleum-based paradise in British Columbia. After Murphy's parody was pulled off the *Province* website, it took off on YouTube. As of late July, it had been viewed 54,089 times. In contrast, the original commercial posted to YouTube by the pipeline company had a mere 2,630 hits.

According to the *Edmonton Journal*, "editorial cartoons by the *Journal's* Malcolm Mayes attract more page views than any other piece of content on the website." So why don't publishers put their cartoonists' work front and centre online? Although editors vary in temperament, editorial cartooning seems to be endured rather than encouraged by management. Perhaps one problem is that the political sentiments of the average Canadian caricaturist lie somewhere between Stéphane Dion and Jane Fonda, while the editorial position of many Canadian newspapers ranges somewhere between Barbara Amiel and Genghis Khan.

Given today's political and economic climate, what should be the purpose of the contemporary editorial cartoon? "Foremost – a means of dissent," Dan Murphy replied by email. "States, corporations, institutional political parties have big budgets for promotions, can erect big PR statues to try to legitimize their vision. A political cartoon is graffiti around the base of those statues. The wittier, the funnier – the more memorable, the more powerful."

Rosen, the former cartoonist for the *Montreal Mirror*, is more skeptical of the editorial cartoon's prospects. "Dan Murphy's [Enbridge] experience, while it shows how a good satirist can draw attention to hypocrisy by speaking truth to power, also demonstrates how fragile is our right to speak out, dependent as it is on media outlets that focus on the bottom line above all else."

Rosen independently came up with the same tagging metaphor as Murphy, but with a different angle. "As newspapers disappear, so too does that little soapbox on the editorial page reserved for cartoonists. That independent voice, which so dangerously uses wit and ridicule to make its points, is in danger of extinction. I think some form of visual satire will always exist in human society, as it always has. But in the future it may be relegated to partisan websites and the undersides of highway overpasses, like so much impotent graffiti."

Professional scribblers have long had the most leeway in the newsroom. If the editorial writers and columnists are the courtiers, then cartoonists are the court fools. (For that reason, the annual compilation of the best Canadian political cartoons is called *Portfoolio*.) Editors and cartoonists collude in the notion that they are just trafficking in harmless humour and for the most part they are. Occasionally, a sharp, well-constructed cartoon can act as a graphic lightning rod for public opinion, but if there's a golden age for the art form, it's either long gone or yet to come.

By the late seventies, the baton of public satire had been handed to the edgy minds behind *Saturday Night Live*, *SCTV* and *National Lampoon.* Today's culture of snark is dominated by late-night TV and its current mas-

Liz França, Brazil, first prize winner 2012 Canadian Committee for World Press Freedom (CCWPF).

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Malcolm Mayes, Artizans

ters Stewart and Colbert, whose fast-paced, joke-stuffed programs outshine old-school newsprint through sheer, McLuhanesque megawattage. Even the editorial cartoon itself has become a target of parody: the satirical online newspaper *The Onion* regularly features an op-ed travesty by a mock Tea Party reactionary, who spoon-feeds the reader with clumsy, clichéd drawings.

According to a recent report in the *Columbia Journalism Review*, "six companies dominate TV news, radio, online, movies and publishing. Another eight or nine control most of the nation's newspapers." The media consolidation is even more advanced in Canada, with a handful of megacorporations doling out the bulk of the nation's infotainment. Needless to say, this pattern of vertical integration doesn't help advance independent thinking in journalism. You'd have to look very hard to find a cartoon critical of the media monopoly it appears in, or any of its subsidiaries.

Not surprisingly, for organizations that depend on ad revenue, there are institutional pressures to keep the laughs within mutually understood boundaries. Every cartoonist develops a second sense about which ideas his or her editor will accept or reject. The restrictions on free speech begin within the precincts of the cartoonist's own skull. (The best satirists, like Aislin, skate the fine line between the sayable and unsayable.)

That unruly graphic beast that once helped bring down New York's Boss Tweed during the first Gilded Age has been defanged and declawed in many North American publications. In other parts of the world, The Line King still has the power to disturb tyrants and their lackeys.

At a luncheon in Montreal, Richard Russell told ACEC members how he was working in community development projects in Sri Lanka when he heard the story of a cartoonist working for the nation's last communist paper. He had "been beaten and stabbed and his house ransacked… all in front of his family," Russell recalls. He reached the artist by phone in the hospital and asked what he could do. The man simply asked that if they killed him, to please take care of his children. At that point, Russell launched the Cartoonist Rights Network. The 20-year old organization, based in Washington, D.C. is still active.

From Syria to China and beyond, artists who make a sharp point about power sometimes invite the blunt force of the state. Russell was surprised to learn the story of ACEC member Shahid Mahmood, whose name was reportedly on a US no-fly list. The soft-spoken Muslim architect, who grew up in Pakistan and was cartoonist for Pakistan's national newspaper *Dawn*, now lives in Toronto. He has received death-threats from Islamic fundamentalists for his depiction of the Taliban as Koran-reading apes, but it's his savage cartoons denouncing US foreign policy that haven't likely won him fans at the other end of the ideological spectrum. Mahmood says he was barred from a domestic Air Canada flight in 2004 and was interrogated by Interpol at an airport in Chile in 2011.

Official secrecy keeps him from learning the full details of his case, but he believes his ongoing surveillance began after his communications with the family of Daniel Pearl, the *Wall Street Journal* reporter kidnapped and beheaded in Pakistan in 2002. "I'm shocked to learn this and we are dumbfounded that the American no-fly protocol can stumble its way into Canadian sovereignty quite so easily," Russell said of Mahmood's experience with Air Canada.

Canada has many fine cartoonists working at the top of their game and it would be as wrong to diminish their importance as to exaggerate their influence. The media landscape has never been more seismic, and long-standing traditions in journalism are crumbling on both sides of the border as the ground heaves. National Public Radio recently revealed that the *Tribune,* The *San Francisco Chronicle,* the *Houston Chronicle* and the *Chicago Sun-Times* had outsourced some of their local reporting to US content provider Journatic. The company employs 140 Filipino workers to retype police blotters, comb public records and reformat press releases, to be forwarded to a team of 200 US freelancers and 60 full-time staffers for assembling into stories. (Many reports from Journatic have appeared in print with fake bylines.) It's not inconceivable that someday computer algorithms will replace outsourced workers in assembling simple news reports. Yet it seems doubtful there will ever be a "bot" capable of executing a worthwhile political cartoon, other than in the sense of killing it. It is simply too human a habit.

At an ACEC luncheon in Montreal, former Prime Minister Paul Martin spoke about the importance of political cartoonists and their work. "You people have the ability to reach Canadians in a way no one else does…. with your talent to draw and to make a point," he told the audience. It was a gracious sentiment from a man who had been hammered like a loose plank by the nation's scribblers. His remark offers a clue to the right place of this graphic art form in a healthy democracy: never at rest. It should always be suspended in a field of contending forces, between the creator's imagination, the editor's judgement and the target's legal defences. When a political cartoonist's name ends up on a no-fly list, it's a sign this delicate democratic balance is under threat.

As of late July, Dave Rosen has spent almost a month looking for work in his field, while maintaining his blog (www.takeoutallthewords.blogspot.ca). "In that time, I have confirmed for myself the sad truth that no one wants to pay for editorial cartoons anymore," he tells *CG*. "The websites I've approached simply won't pay. They want free content, unfortunately because of precedents set by freelance writers who use the sites primarily for self-promotion.

"Thus it's likely, at least for a while, I too will have to go the free route, if only to keep my work in front of the public. For how long and whether it will lead to paying work, that I can't say. But I still have things to say, regardless."

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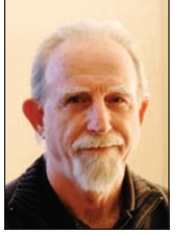

Mac McLaughlin

ZODIAC

StarWise

August 2012

IT'S HOT out there and I'm not talking about the weather. The Dog Days have arrived. Good old Mercury retrograde is in play and although Mercury goes direct motion on August 8, it will take several more days to get up to normal speed again. Related to us, it means communications will be hampered in some way. Delays and snafus, concerns regarding business, travel and transportation are the general fare when Mercury is dragging his feet and moving slowly. We all have our Mercury retrograde stories to share.

Mercury is moving through Leo, which is a fixed sign, meaning that attitudes and egos may clash and nobody wants to budge. In itself, this planetary energy would be plenty to deal with and we have dealt with it before. We can almost hear the collective yawn, as in, "So what? It's not a big deal." Along with the Mercury energy, we have a Mars/Saturn conjunction in Libra that will be in effect for the first three weeks of August making it a big deal indeed. Libra is a dynamic Cardinal sign indicating action and movement. Libra is the sign of peace or war and it doesn't take a rocket scientist to see which way the energy is going in our society

ARIES Mar 21 - Apr 19

Aries is a very individualistic sign. They want to do things their way and when they want. Generally, the urge to be free and nonconformist is strong and, at present, it is intense. You may become frustrated if you have too many limitations. There are lots of opportunities to find the balance in all things.

TAURUS Apr 20 - May 21

Taurus Prime Minister Stephen Harper has been described as coming in with elbows extended. Taurus can be bull headed. It may be wise to let up a bit and allow others to have their way and say once in a while. August is a test of your ability to get others on-side with you.

GEMINI May 22 - Jun 20

Communications, business and travel are indicated. The stars are leaning in your favour. The general tenor of the stars is stressful, but for the most part they may benefit you. Your goodwill, along with some good luck, goes into the mix. Your ability to assess a situation quickly and act on it pays off nicely.

CANCER Jun 21 - Jul 22

Venus brings her lovely energy to your sign throughout the last three weeks of August. Social events are attended and good times are experienced. Strong romantic attractions may take place and it may be hard to avoid temptation. Family gatherings are featured. Old issues with those closest to us may come up for review.

LEO Jul 23 - Aug 22

The full Moon on August 1 brings revelations. Issues come up and communications may be bogged down. It may take until mid-month to work through the complications. Life intensifies and you may experience some type of delay or problem with phones, computers, etc. The Leo new Moon on August 17 signals a new start.

VIRGO Aug 23 - Sep 22

It is time to rest and repair. The planets are not demanding a whole lot out of you this month so you can let down and enjoy life a bit. It's a good time to rediscover yourself and what it is that truly makes you happy. It is time to nurture the spirit and attain internal peace.

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and in every society on the planet. Choose your topic and apply the above logic, or astro-logic, and we get a look into human behaviour at its best and worst.

The pictograph for Libra is a blindfolded goddess with a sword in one hand and a set of scales in the other, meaning impartial justice. Obviously, there are myriad imbalances throughout the land and many things to consider: politics, law, the environment, poverty, the pipeline; the list is long. It is time to step up and contribute however you can. Battles will rage and outrageous acts will take place. Accidents, violence, incidents, fires and weather phenomena will dominate the news. No sense hiding under the bed, as the energy won't go away and must be worked with. The remedy is to slow down and strive to be less judgemental and reactive. Help out where you can and be courteous and respectful to one and all. If you have a chip on your shoulder, certainly someone will knock it off for you. It is a time of confrontation as we strive to right the wrongs and bring freedom and justice to all. In the meantime, it's summer and time to enjoy nature in its bounteous glory.

LIBRA Sep 23 - Oct 22
Life can be trying at times, especially when Saturn is around. You have to tow the line and it can get tiresome. Now, Mars has joined up with Saturn until late August, bringing a series of frustrating circumstances into play. Accidents and incidents are probable and you will have to go easy, safe and slow.

SCORPIO Oct 23 - Nov 21
Career activities are featured as the Sun moves through your solar tenth house. Mercury happens to be retrograding in that area as well and it may bring some type of delay or concern regarding negotiations until mid-month. Mars visits Scorpio late August and September bringing a surge of energy and confidence your way.

SAGITTARIUS Nov 22 - Dec 21
Jupiter's passage through your opposite sign Gemini until next June will serve you well. He cast his light and influence into his own sign, bringing opportunities for growth and advancement financially, morally and spiritually. It can also be a time of waste and overindulgence if you are not careful. Relationships may flourish and bonds deepen as well.

CAPRICORN Dec 22 - Jan 19
You may be in the mood to make some important decisions especially regarding relationships. It is time to re-evaluate your position. What do you really want? What brings you peace of mind. It is time to settle accounts with yourself and others and move to the high ground. Intense career activity is on board as well.

AQUARIUS Jan 20 - Feb 19
The full Moon on August 1 takes place in your sign bringing intense energy and activity your way. You may be worked up about something and with Mercury retrograding in your opposite sign Leo, there may be conflict issues unfolding. Much depends on how you handle the situations that materialize in early August.

PISCES Feb 20 - Mar 20
Venus traverses your solar fifth house, which rules topics such as entertainment, children, investments and gambling. You may be in the mood to seek some enjoyment, be it good times with family and friends or attending a series of social events, etc. You may be in a very creative space, be it at work or home.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109

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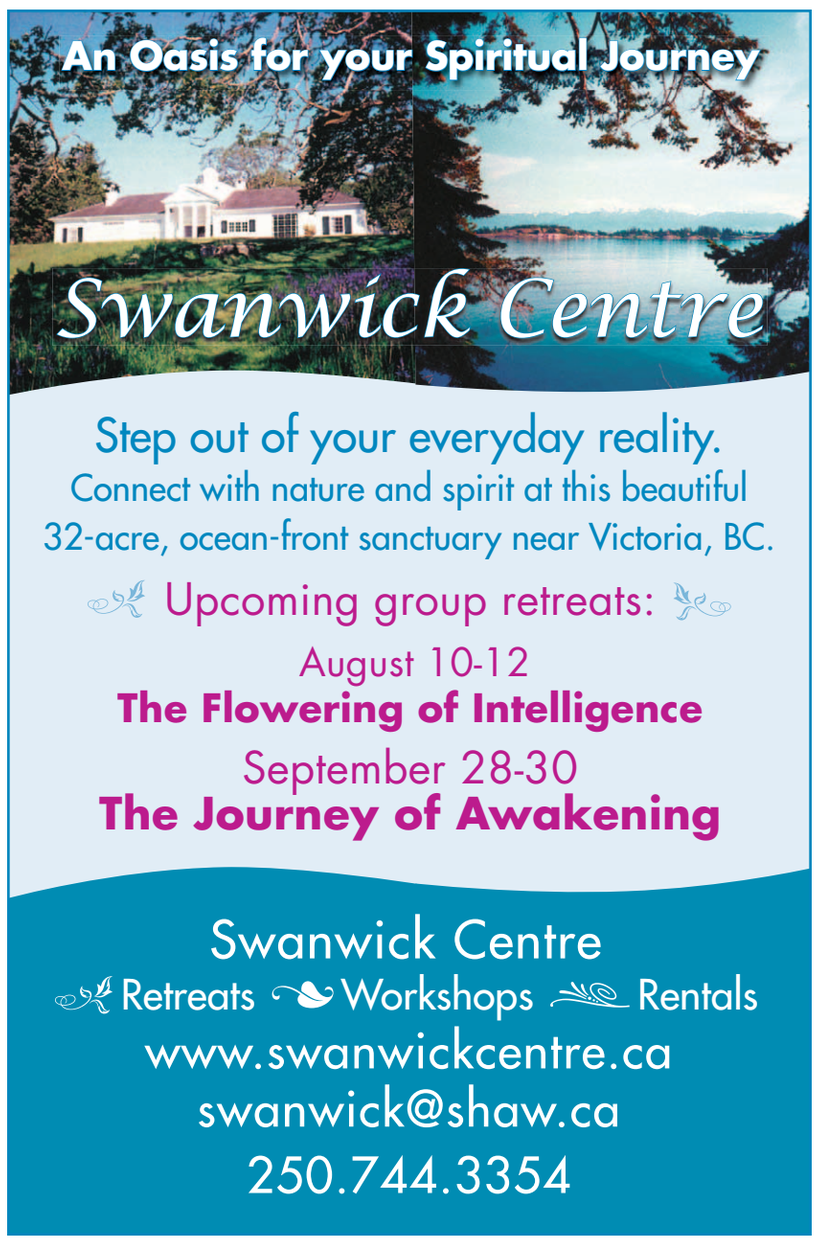

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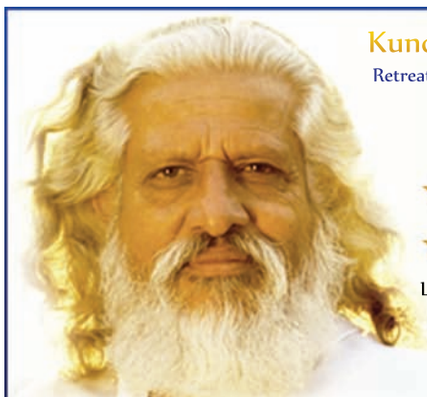

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Quiet your busy mind

Have you ever been listening to a song and it suddenly became so irritating you had to flip to the next song? If you had continued listening, you would have become annoyed and irritable. Sometimes your thoughts are like that when you are worrying, replaying an incident or reliving past hurts.

With a listening device like an Ipod, we program the music and we are in control of what we hear. Interestingly, with our minds, we have not consciously programmed the content and most often *it* controls *us*. Unless we are practising mindfulness, our thoughts can be like a series of bad dreams we have while awake and we can't wake up from them.

The mind is great at taking a thought about a financial worry, a job or relationship concern and creating all kinds of worst-case or "what if?" scenarios. A worry thought is like a little fire and each possible negative outcome we imagine is like throwing another log on the fire. It keeps getting bigger and we may well have more than one of these infernos going at the same time.

A worry thought is like a little fire and each possible negative outcome we imagine is like throwing another log on the fire.

And they're not just worry thoughts; sometimes they are what I call "bully thoughts." This is when we beat ourselves up and think of all the ways we are not good enough or we compare ourselves to others who we think have it better.

All of these thoughts have a way of taking over our consciousness like a propaganda machine. But it is not only our thoughts that are affected. Our mood and emotions are coloured by these thoughts and our physiology is affected too; stress chemicals are produced in the body and our immune system is suppressed.

Our view of the world and sense of reality are impacted by our thoughts. If we think people cannot be trusted, we will be suspicious and guarded in our dealings with others. If we argued with a partner and we keep thinking of all the things we do not like about him or her, we only make things worse.

For some, the problem is not so much the content of the thoughts, but rather the quantity of thoughts. They just cannot turn off their thoughts even when trying to sleep.

All this thinking about problems can be helped by learning to press the "mute" button on our minds. We can think of it as "thought stopping." Our thoughts actually take us away from our true self, whereas, when we stop thinking, we can tune in to our essential selves.

It is like when you see mountains or a beautiful lake and you just stop and look. You take a deep breath and feel so peaceful. It is partly the scenery that makes us feel so good, but it is also the fact that we have momentarily stopped our thoughts. Meditators know this; that is why they spend time just sitting in silence.

If you do not meditate, you can simply practise using your imaginary "mute" or even your "delete" button when you are having negative thoughts. If it is a busy mind that keeps you agitated, learn to give it time-outs. At sleep time, turn it off completely. (Go to www.gwen.ca for a sound clip of hypnosis for "Quieting the Busy Mind.")

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, CDs and new "Creating Healthy Relationships" series, visit www.gwen.ca See display ad this issue.

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Just now

an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film A Beautiful Mind, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of A New Earth?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect. Every indi-

vidual ego is part of the collective. They're connected. Every individual is a manifestation of the collective. To recognize that is essential because the ego, being a very clever entity, has many ways of reappearing. Even if you've seen it in one disguise, it can suddenly reappear in a new one.

You might suddenly realize your whole sense of self, identity, is being derived from your possessions and social position. You see that your whole sense of identity is bound up with that and you recognize one aspect of ego. Well, usually it only comes to people when they suffer, when the identification with something no longer works…

It's recognizing the ego in its many disguises. I've met Buddhist monks who had enormous egos without knowing it. I remember being in a monastery afraid to approach them because they seemed so aloof. Yet I've met other Buddhist monks who were like little children and it was a joy to talk to them because they'd laugh and not take themselves seriously at all. They didn't take the whole Buddhist

thing seriously either, yet they practised it knowing it was only a form and they weren't identified with it.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the Tao Te Ching starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form.

Excerpted from **Just now: a two-part interview with Eckhart Tolle** by Joseph Roberts. Read the full interview online. Go to www.commonground.ca Click on archives. Click on 2007 at the top of the page. For part one, click on September 2007. For part two, click on October 2007.

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Lakes research next to be nixed

We can't live without clean water. Canada is blessed with an abundance of lakes and rivers and has a global responsibility to manage them well. But if we really want to protect freshwater supplies and the ecosystems they support, we must understand how human activity and natural disturbances affect them.

The world-renowned Experimental Lakes Area in Southern Ontario has served as an outdoor laboratory for this purpose since 1968. By manipulating and studying conditions in 58 small lakes and their watersheds, scientists there have made many discoveries about the effects of human and natural activity on freshwater ecosystems and fish. Over the past 45 years, they've taught us about the impacts of acid rain, mercury pollution, nanoparticles, nitrogen overload, climate change and fish farming.

That's about to end. The federal government announced it will close the unique facility in 2013. It's an odd decision, especially considering it costs just $2 million a year to operate – one-tenth the cost of Prime Minister Stephen Harper's security detail and about the same amount the government spent during the 2010 G20 Summit in Toronto to build a tourism pavilion with a fake lake. To make matters worse, it will cost taxpayers $50 million to shut the ELA down!

In an open letter to government, senior scientists point out "research conducted at the ELA has been instrumental in the development of environmental policy and legislation both nationally and internationally." We often hear how Canada "manages" its natural resources, but how can we do that without sound knowledge about the intricacies of the water cycle?

The timing is also odd. The ELA is being shut down as the government eviscerates laws and regulations designed to protect freshwater and marine habitat and resources with its omnibus budget bill. Included in the bill are changes or cuts to the Fisheries Act, Navigable Waters Protection Act, Species at Risk Act and Canadian Environmental Protection Act and a complete gutting and rewriting of the Canadian Environmental Assessment Act.

Changes to the Fisheries Act are especially troubling. Habitat protection has been removed and the focus has shifted to economically viable and aboriginal fisheries only. That has some former fisheries ministers worried. In a letter to the prime minister, Conservatives Tom Siddon and John Fraser and Liberals Herb Dhaliwal and David Anderson wrote, "Canadians are entitled to know whether these changes were written, or insisted upon, by the minister of fisheries or by interest groups outside the government. If the latter is true, exactly who are they?"

It's a valid concern. Postmedia obtained government documents showing that Enbridge, the company behind the dual Northern Gateway pipeline proposal, lobbied the government heavily before the changes were brought in. Documents also indicate pressure from Enbridge was partly responsible for the government's decision to pull out of a joint marine-planning process on the Pacific North Coast between industry, First Nations, citizens' groups and conservation organizations.

One can't help but notice that many recent cuts and changes are aimed at programs, laws or entities that might slow the push for rapid tar sands expansion and pipelines to the west and south, along with the massive sell-off of our resources and resource industry to Chinese state-owned companies, among others. Any research or findings that don't fit with the government's fossil fuel-based economic plans appear to be under attack.

Development is important, but when it's focused on a single polluting industry, at the expense of other economic priorities and the environment, it doesn't make sense. When industry and government go to such extreme lengths to promote a shortsighted and narrow interest, it's an affront to the democratic traditions that Canadians of all political stripes have built over the years.

Written with contributions from David Suzuki Foundation Editorial and Communications Specialist **Ian Hanington**. Learn more at www.davidsuzuki.org

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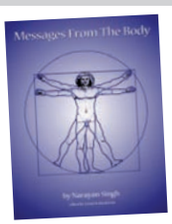

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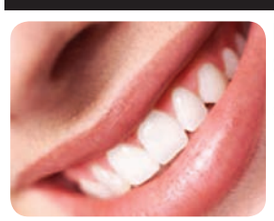

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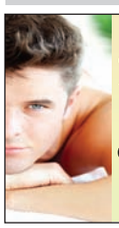

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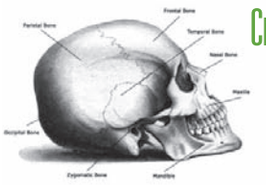

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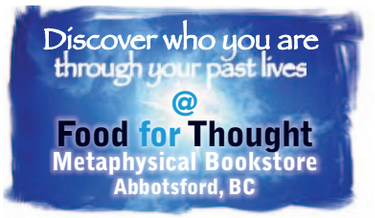

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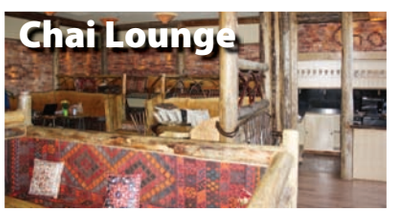

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photo and article by **Alastair Gregor**

Thank you all! the Walk for Peace was a huge success!

On Saturday, June 30, approximately 2,000 Walkers for Peace met at Kitsilano Beach (Arbutus and Cornwall) and joined together in unity to celebrate peace, on the 30th anniversary of Vancouver's very first Walk for Peace in 1982.

We were welcomed to the land by Elder Henry Charles from the Musqueam First Nation, who blessed the land, and we also received a spiritual blessing delivered by Métis grandmother, pipe carrier, sundancer and singer Aline LaFlamme. Aline's energy and words were inspirational: "We will show the way by going first. We will walk with love, honour, respect and compassion for all things in creation, including ourselves."

At 1:00 PM we walked together, led by Fanny Starchild and Ross Barrett of the Carnival Band. United as one in peace, we walked along Cornwall Avenue, over the Burrard Street Bridge, west along Pacific, and south on Bute Street and crossed over Beach Avenue to gather in the natural amphitheatre of Sunset Beach Park. By the time the first walkers arrived, the festivities had already started on the main stage. Wonderful performers, speakers, entertainers and musicians delighted the crowd throughout the afternoon.

It was a beautiful afternoon celebrating and sharing peace and those who participated realized you cannot come to peace by just warring against war. We walked together in unity towards peace. Our slogan in 1982 was – and still is today – "There is no way to peace, peace is the way."

We are continuing our work towards our next event and we are looking for sponsors who wish to come on board and help cover costs or share in kind. We greatly appreciate your endorsement.

We wish to thank our many volunteers and sponsors who fulfilled the role of Peace Ambassadors and helped to make the event so special.

- Media sponsor *Common Ground* Magazine: http://commonground.ca/ Read more inside!
- Rev. Bruce Sanguin (Canadian Memorial Church and The Centre for Peace) for providing the space for our organizational meetings.
- The Mayor's office and the City of Vancouver for providing the Proclamation.
- Vancouver City Engineering for providing plumbing and the Parks office for rebuilding the Peace Flame and providing fresh water for the event.
- Daniel Sabina and the great staff at Show Max Event Services (604-639-4629)
- Ronnie Novak at Cats Eye Video www.catseyevideo.com (604-224-2466)
- Ehren Salazar designed our Walk for Peace shoe logo - thank you.
- General Paint - thank you Rob.
- Mr. Edit in North Vancouver for transcribing 1980s video to digital.
- Ishi Roberts Dinim for 30 years of inspiration and digital editing.
- Damien Gillis for such great film editing.
- SML Printing on Broadway for handbills and flyers.
- Myron Pajak, Dream Classic Charter Service (604-831-6445), for providing the classic vehicle that transported the veterans across the bridge.
- PacBlue Printing for the large outdoor Walk for Peace banner.
- Parallel Rentals Inc., Burnaby, 604-436-1418.
- Canada Wide Communications, 604-980-9071.
- The Teamsters Local 155 for event security – awesome guys!
- The BC Federation of Labour.
- The Flower Factory at 3604 Main St. for their Peace Wreath 604-871-1008
- RE/MAX Realty & Selina Jansen for their lovely tents.
- Laura-Leah Shaw RE/MAX Crest Realty Westside 604-551-9297 (please support a 'cruelty-free' world). Thank you Laura-Leah for transporting the huge peace sign.
- Kelli Turner from Vancouver Ambulance Service, for watching over us.
- Grady Mercs from Paul Mercs Concerts for great organization and promotion.
- Florence Etienne for feeding us all such incredibly delicious Vegan food.
- Mo Khani from Canada Green Pack (eco-server.ca).
- http://www.supremastertv.com/ be Vegan make Peace.
- All our performers: Ross Barrett and the Carnival Band, Ta'Kaiya Blaney, Drew Rouse, Corinthian, Rachel, Sean, Kelsang, Lynn McGown & Michael Pratt, Mel Hertig, Hannah, Tony & Adrian, Suzan Law & Laura Swift, Woody Coward, David Laskey and Ed Livingstone of VANA, B.E.A.R and Mahara Brenna thank you! and especially Neil Weisensel for arranging such a fine performance with house band Peace in the City!
- To many of our wonderful organizational volunteers without which the event would not have been the same: Hazel Bell-Akoshi for her passion, Gerald Sze for his astute accounting, Lloyd and Felicia for everything! Thank you Phil Watson, Jillian Skeet, Sonya Weir, Hila Russ, Herb Barbolet, James McDonald, Chris & Reimer Kroecher, Dheera, Jake, Mary, David, Elizabeth, Paalin and Jeffery. Thank you all, and especially to Fiona Crossley, Mary Guilfoyle and Sandra Tait (Golden Seeds Event Marketing, 604-336-4212), whose help was invaluable.

And to Joseph Roberts, publisher of *Common Ground* Magazine, whose vision and dedication to peace sparked this event. Thank you for your inspiration.

And to you, our Peace Ambassadors, banner wavers, on-the-day volunteers, thank you, thank you for your belief that your actions can and do make such a significant difference.

And to all those who walked for Peace on June 30, 2012, and continue to Walk for Peace each day, thank you all for being willing to step forward and be the change you want to see. If we have inadvertently omitted anyone from our list of supporters and helpers, we apologize.

Youtube videos of our Walk for Peace:

From Ronnie Novak:

- http://www.youtube.com/watch?v=-TZ5MADNOfk&feature=youtu.be

From SummerInHamburg:

- http://www.youtube.com/watch?v=dSgPuL7S1Q4&feature=related
- http://www.youtube.com/watch?feature=endscreen&v=9Ar-N2N3Rk4&NR=1
- http://www.youtube.com/watch?v=VntaJdpXJdY&feature=relmfu

From Zepfancouver:

- http://www.youtube.com/watch?v=fvK7_HY95Bc&feature=related

From Iqbalishani:

- http://www.youtube.com/watch?v=ox59DQI3z2U&feature=related
- http://www.youtube.com/watch?v=UlNnCNMW3fM&feature=related

Thrive Living TV – Katherine of "RawsomeChef.com" Interview at the Walk:

- http://www.youtube.com/watch?v=I3nGssJSJgo&feature=related

Some great photos by Bruce Yu - our Vegan friend:

- http://www.bm-one.com/Essays/walk_for_peace_2012.html

Photographs are available for viewing and through our Flickr page. Please send yours for us to upload:

- http://www.flickr.com/photos/walkforpeacevancouver

Alastair Gregor was the event director for the Walk for Peace event, live@commonground.ca

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AUG 5
FREE Organic Gardening Class: Easy Steps to GROW FOOD in FALL & WINTER, 2-4PM. Meditation & Ecology Centre, 11011 Shell Rd, Richmond. Register: Linda, 604-985-5840.

AUG 10
Eating What's Around Us: Foraging Seasonal Foods & Herbal Medicines. $25, 7:30PM, Eternal Abundance, 1025 Commercial Drive, 604-707-0088, www.EternalAbundance.ca

AUG 10-12
The Flowering of Intelligence Retreat at Swanwick Centre, a beautiful 32-acre, ocean-front sanctuary near Victoria, BC. Sept. 28-30: The Journey of Awakening Retreat. swanwick@shaw.ca, 250-744-3354, www.swanwickcentre.ca

AUG 11-12
Thai Reflexology Workshop with Karen Ball – visiting from Florida. Hours: 9am – 6pm Saturday & Sunday. Course Fee: $375. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

AUG 12
Healthy Nutrition for a Raw Vegan Diet with Vesanto Melina. $10, Eternal Abundance, 1025 Commercial Drive, 7:30PM, 604-707-0088, www.EternalAbundance.ca

AUG 14
This really changes people's lives: Granville Island Psychic Studio Reiki Classes. 2 different schools of Reiki & 2 Master Teachers. FREE info evening, drop-in, no obligation. 6:30-7:30 PM. Map & info www.psychicstudio.ca

AUG 16
Looking for a Creative Solution? FREE DEMO: Experience the Yuen Method and feel instant relief from energetic blocks preventing you from achieving total health & vitality. 6-8:30PM, Sacred Space Studio, 3574 W. 4th Ave., Vancouver, www.crystalinevision.com

AUG 18
Kirtan Vancouver: Free. Live music and dance, yoga, vegetarian cuisine, organic shopping bazaar, kids' corner, henna tattoos & more. 3PM & onwards, 2nd Beach, Stanley Park. www.kirtanvancouver.com

AUG 19
Latin Summer Fest 2012: Trout Lake Park, Victoria @ 15th, 11AM-7PM, www.latinsummerfest.com, new Festival hotline (604) 593-2448, info@latinsummerfest.com

AUG 21
Experience a Power Animal Drum Journey. Free at the upcoming Info Evening hosted by the Institute of Shamanic Medicine. 7PM, Vancouver. RSVP early; space is limited: Email for info and to RSVP: info@shamanicmedicine.ca www.shamanicmedicine.ca

AUG 22
Discover a career you'll love. Holistic Health Career Traning. "Let's Talk Health," Langara College Info Session, 5-8PM, Holistic Health Centre, 601 W. Broadway, Unit M-11. More info at 604-323-5926 or www.langara.bc.ca/hhs

AUG 23-26
Wanderlust Whistler: Wanderlust is a one-of-a-kind festival bringing together the world's leading yoga teachers, top musical acts and DJs, renowned speakers, top chefs and winemakers, and more.
Music includes Michael Franti & Spearhead. For a full lineup of people and events, visit www.whistler.wanderlustfestival.com

AUG 24
Krishna Das Live Kirtan: 7PM, Unity of Vancouver, 5840 Oak Street. Tickets online at www.consciouslivingradio.org, $30 plus taxes & shipping or $40/door.

AUG 24-26
Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7.30 pm $10; Course $395. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

AUG 27-31
Port Moody Women's Meditation & Yoga Week – Veracis Wellness: Mon-Fri. 11AM-2:30PM. Info: www.veracis.ca Registration required: 604-461-5511 or regina@veracis.ca

SEPT 5
Clearmind: Thinking of becoming a counsellor? Open House, 5:30-7PM, Unity of Vancouver, 5840 Oak St. @41st. Learn about Clearmind's Professional Counsellor Training Program. www.clearmind.com

SEPT 7-9
Indian Head Massage Workshop with Susan Allen. Friday: 7-9PM / Sat-Sun: 9AM-5PM. Course fee: $395. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 12
An evening with Deva Premal & Miten with Manose: 7-10PM, Massey Theatre, 735 8th Ave., New Westminster. www.consciouslivingradio.org, www.devapremalmiten.com

SEPT 29
Shimshai: An all-ages community-spirited concert / dance celebration. Organic tea & cookie included. 7-11PM, Acoustic World Fusion & Sacred Song, Unity Church, 5840 Oak St. Online tickets $30 at www.consciouslivingradio.org or $40/door or call 604-644-4447.

OCT 12-14
The Body Soul & Spirit Westcoast Expo: Your Holistic, Wellness, New Thought & New Consciousness Lifestyle Event. At the Tradex Trade & Exhibition Centre, Fraser Valley. See all locations for the Fall Expo Tour & info for the Westcoast Expo at www.bodysoulspiritexpo.com 1-877-560-6830.

OCT 13
Reboot Your Life in a Single Day: With Adam Dreamhealer, Deepak Chopra, David Wolfe, Gerald Celente, Jeffery Armstrong & Karen McGregor. The PNE Forum, Vancouver. Info at www.seedevent.org

ONGOING
Brahma Kumaris Meditation Centre: Learn to master your mind and senses, find peace through meditation, free of charge. 604-436-4795. www.bkwsu.org/canada

HU, A Love Song to God: Experience, free, a Community HU. 1st Friday: 8PM, 333 Chesterfield, North Vancouver and at 15996 84th, Surrey. 1st Tuesday: 7:30PM, 6550 Bonsor, Burnaby. www.eckankar-bc.ca

Port Moody Veracis Meditation & Wellness Centre: Drop-in Themed Guided Meditation. Wed. 6PM & 7:30PM & Sat. 10AM. Info: www.veracis.ca, 604-461-5511.

SUNDAYS

Centre for Spiritual Living: Join us every Sunday @ 11 AM for practical spirituality with great music. Meditation: 10:15 AM. 1880 Triumph Street, Suite 8 (at Victoria Drive), Vancouver. Info: 604-321-1225, www.cslvancouver.com

TUESDAYS

Reflexology Student Clinic 6–10pm. One- hour sessions $20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

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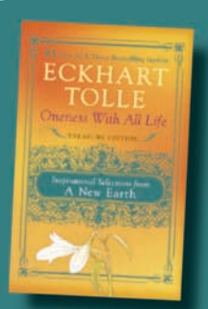

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Teens travel to India to study with the Dalai Lama

by Michele Hall

Vancouver's Teen Journey is heading to India to study with the Dalai Lama. After four years of life-changing programs where young people discover their unique power and gifts, Teen Journey now welcomes the invitation to connect with some of the planet's wisest people.

Teen Journey founder Ela Rezmer created Teen Journey in response to the challenges her own two sons faced as they headed into adolescence. She saw that modern society has virtually no processes or rites of passage to help teens navigate through one of the most important times in their life. "Young people need to experience the depths of the human soul. Only then can they tap into their own strength and wisdom to become responsible participants in our global culture," Rezmer notes.

This fall, in conjunction with the Inkarri Multicultural Association led by Juan Ruiz, teens will travel to the Gaden Shartse Monastery in southern India where they will live with the monks and receive daily teachings from the Dalai Lama, as well as work with Juan in Pneuma Breathwork and his Path of Knowledge. "This is a rare opportunity," says Rezmer. "Not only will they travel to a different culture but, more important, being with thousands of monks praying and meditating deeply nourishes the growing soul."

The two-week program (begins November 2012) is limited to 20 people 18-21 years of age. Registration ends September 15. Contact Ela Rezmer at 604-780-3400 or visit www.TeenJourney.org

Michele Hall is a former CBC TV producer, ghostwriter and co-author of three books. She also had the foresight to enrol her teenage daughter in the Teen Journey program. www.WhatWorksMedia.ca

China's one-fingered artist

Ai Weiwei. Courtesy of Mongrel Media.

It's easy to forget that many Chinese teenagers know nothing about the Tiananmen Square massacre in 1989; just ask any young Chinese immigrant to Vancouver. Given China's huge and fast-growing economic and military power, there's ongoing pressure for it to open up, but as documentary Ai Weiwei: Never Sorry reveals, freedom of speech is a long way off.

Activist-artist Ai came to prominence when having designed the Bird's Nest stadium in Beijing, he denounced the 2008 Olympics as an "empty event," certainly not for the poor people evicted from the stadium site. The burly artist has been a constant thorn in the side of the PRC, holding up his trademark middle finger to the government's censorship regime. Propelled by his social media activities and his brash wit, Ai has earned superstar status. "Beijing's Andy Warhol" has held celebrated exhibitions in London and Munich and been feted by the media worldwide.

Director Alison Klayman's intimate portrait charts Ai's recent activity until his disappearance last year, when he was held in secret detention for 81 days by the police as part of measures to pre-empt a Chinese Spring. The documentary captures Ai very much in his milieu, whether touring with his entourage (lots of meals) or working the net in his Beijing studio surrounded by his cats. He is a physically large and indomitable presence with a disarming humility and frankness when talking about his life and work. We meet his proud mom who worries to tears despite Ai's soothing noises about her boy's brushes with the authorities. His wife talks briefly and the appearance of his illegitimate infant son later in the film gives rise to some memorable shots of him in the field of porcelain sunflower seeds installation at London's Tate Modern.

Ai's response to the 2008 Sichuan earthquake – an event that initially left him "speechless" – is at the heart of Klayman's film. When the Chinese government refused to acknowledge that thousands of children died when "tofu-"constructed schools collapsed on top of them, Ai supporters went from village to village building a list of 5,835 victims. Ai distributed the list online and covered a huge wall of the Haus der Kunst in Munich with brightly coloured satchels spelling out the words of a mother of a quake victim: "She lived happily for seven years in this world."

The police seem never far away, watching and documenting on camera. Ai's response is to document back. When assaulted during a police night raid, he creates a firestorm of protest with a photo sent out via Twitter. When he subsequently has emergency surgery for a cerebral haemorrhage, he shares a series of photographs of himself from his Munich hospital bed captioned with stoic wit. Later, when the authorities decide to destroy his Shanghai studio on a flimsy pretext, Ai lampoons the injustice by turning the occasion into an open-invitation party serving crab – "crab" being synonymous with "censorship."

As Ai suggests, he's like a chess player, except the rules of this game keep changing. Given the pressure, Ai's calm resilience is impressive, something the doc traces, in part, to his boyhood experience of his poet father's humiliations and his years as a student in New York, as much as his bullish personality. Klayman's achievement is in providing a detailed depiction of how China suppresses dissent and how one man has become such a potent voice of resistance, as the David and Goliath battle continues to play out across a kaleidoscopic media landscape.

Robert Alstead writes at www.2010Vancouver.com

Join Kirtan Vancouver on August 18

Kirtan is one of the oldest yoga traditions of the world. It is a call-and-response chanting genre that helps us connect with ourselves, focus our attention and achieve harmony between mind, body and spirit. Being a part of the Yoga of Sound, Kirtan produces sound waves, which you follow with your awareness. Think Omm!

Kirtan Vancouver Events Society (Kirtan Vancouver) is a non-profit, grass-roots organization dedicated to making Vancouverites more aware of how breathing, chanting and Kirtan can bring about significant, positive changes in health and wellness. The event is put on entirely by a volunteer board of directors. In its first year in 2010, thousands of people attended, affirming that Vancouver was seeking this powerful form of meditation.

On August 18, Kirtan Vancouver, presented by OrganicLives™, is bringing some of the world's most beautiful souls and voices to its stage. The event will be

MCd by the well-known, local, talented Rekha Sharma with performances by Karnamrita Dasi, Jeffrey Armstrong, Sandra Leigh (Give Peace A Chant), Sparrow and more. OrganicLives™ is an organization dedicated to promoting organic, sustainable, fairly traded food.

A portion of all proceeds will be donated to Food for Life, a non-profit organization that supplies free, nourishing, plant-based meals to the Vancouver Downtown Eastside homeless and to women's shelters and victims of natural or manmade disasters.

Check out Kirtan Vancouver's Facebook page at www.kirtanvancouver.com. Come share your energy and light with them on August 18 at 2nd Beach at Stanley Park, 3-9PM. Just announced: Win 2 tickets to Wanderlust Whistler at Kirtan Vancouver. Free yoga in the park, 1PM.

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